

## ABSTRACT OF THE DISCLOSURE

The invention relates to an oval-tracked exercise apparatus for simulating hand-movement having two rocker arms and two treadle bars. The bottom end of the rocker arms and the front end of the treadle bars are joined to each other by a pivot. The rear end of the treadle bars is pivotally connected to the side of a rotary body. Both of the treadle bars are movable up and down in an offset position for simulating the movement of hands and feet in an oval track during exercise session. An adjusting mechanism is provided to adjust the angle of the connecting mechanism for simulating a walking exercise on an uphill road or on a downhill road.